

Cockburn keeps jumping toward Beijing Games

Karen Cockburn continued her comeback from knee surgery last Saturday at the Elite Canada trampoline and tumbling competition in Kamloops by winning the gold medal in women's trampoline.

The Stouffville resident, who competed for the second time since undergoing knee surgery last November, finished first after

compiling a score of 106.4.

A member of the Skyriders Trampoline Place in Richmond Hill, Cockburn was satisfied with her effort.

"I just wanted to come here and do solid performances," said Cockburn, a silver medallist in her return to competition from surgery at the Pacific Alliance Championships two weeks ago. "I gained some more confidence and momentum for the next event."

Cockburn also feels she's well

on her way to regaining the form that enabled her to claim two medals from her prior two Olympic performances.

"I was pleased that the knee held up really well over the weekend," she said. "The strength is definitely coming back. I'm getting close to where I was before. I like the fact I can build toward my goal and I'm confident I'll be fine for August."

The competition is the first of three domestic events in the

Olympic selection process for trampoline.

There are two Olympic spots to be filled for Canada in women's trampoline and one for men's trampoline.

The second selection meet is the All Canada Olympic Trial May 10-11 in Terrebonne, Que., and the third is the Canadian championships June 2-7 in Calgary. Athletes earned their first selection points last year at the world championships.

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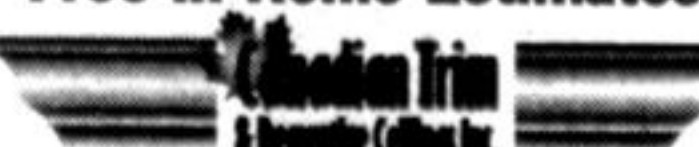
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